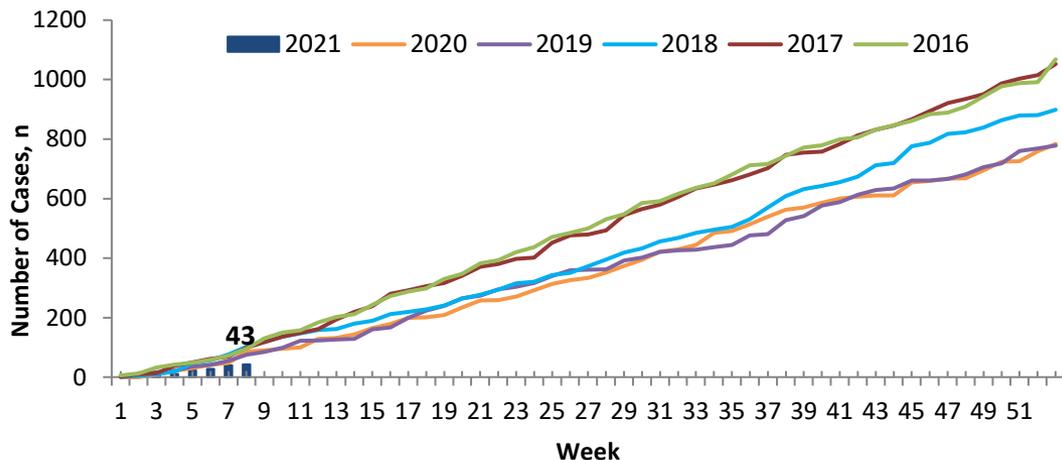


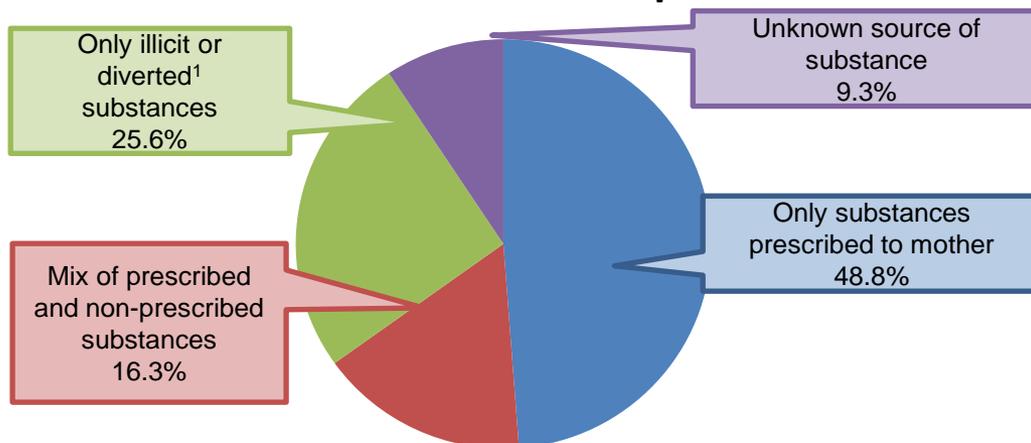
# Neonatal Abstinence Syndrome Surveillance

## February 2021 Update (Data through 02/27/2021)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **43 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through February 27, 2021.
- In most NAS cases (**65.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2021 have occurred in Sullivan County.

**NAS Prevention Highlight** – The National Center on Substance Abuse and Child Welfare (NCSAW) has a mission to improve family recovery, safety and stability. NCSAW works with agencies, courts, families and others to develop a substance abuse and trauma-informed system of care.

NCSAW maintains a useful Neonatal Abstinence Syndrome [website](#) which provides resources to clinicians including information on HRSA’s Home Visiting Program, an Opioid Safety Toolkit, NAS Framework, and NAS factsheets. Online trainings, webinars and other resources are also available for clinicians and families.

For more information about NCSAW’s funding, mission, goals, and how they contribute to NAS prevention and treatment go visit this [site](#) or contact them by email at [ncsacw@cffutures.org](mailto:ncsacw@cffutures.org) or by phone at 1-866-493-2758.

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	28	65.12
Legal prescription of an opioid pain reliever	0	0.0
Legal prescription of a non-opioid	2	4.65
Prescription opioid obtained without a prescription	9	20.93
Non-opioid prescription substance obtained without a prescription	1	2.33
Heroin	3	6.98
Other non-prescription substance	8	18.6
No known exposure	0	0.0
Other <sup>4</sup>	3	7.5

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	2	1.2
East	8	6.6
Hamilton	1	1.5
Jackson/Madison	0	0.0
Knox	4	5.1
Mid-Cumberland	2	0.8
North East	5	9.7
Shelby	7	3.5
South Central	0	0.0
South East	2	3.4
Sullivan	8	38.8
Upper Cumberland	3	5.0
West	1	1.1
<b>Total</b>	<b>43</b>	<b>3.4</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

#### Health Care Providers

- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

#### Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Get help for substance abuse at 1-800-662-HELP.

#### Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore, the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

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